

DINNERLY



Feed A Crowd: Beef Spag Bol

Same Meal Price, More Servings!



30 minutes



2 Servings

Want extra bang for your buck? Serve up more with our Feed A Crowd recipes. We've used the same amount of meat but added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.

- 1 onion
- 2 carrots
- 500g spaghetti ¹
- beef mince
- 20g Italian seasoning ¹⁷
- 2 x 200g tomato passata

WHAT YOU NEED

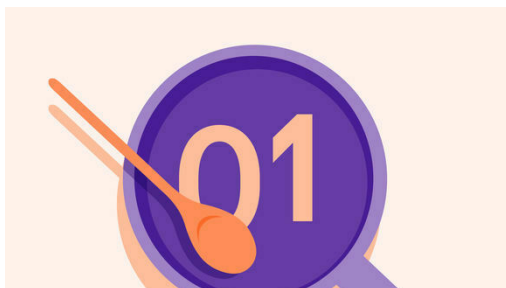
- 2 garlic cloves
- 1 tbs olive oil
- 2 tbs tomato paste
- 1 tsp sugar

- large saucepan with lid
- large deep frypan

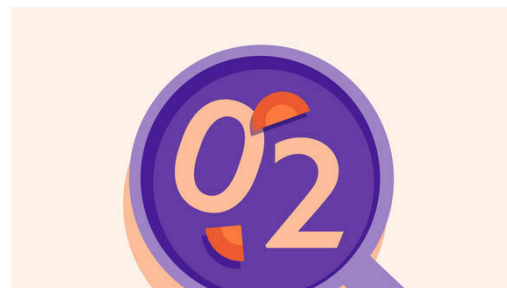
ALLERGENS

NUTRITION PER SERVING

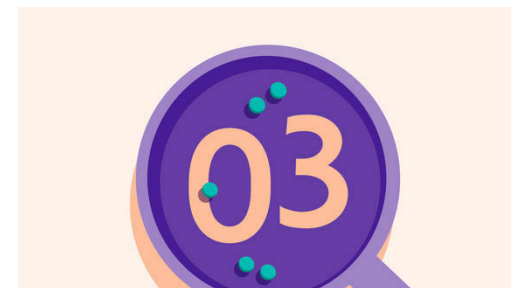
Energy 660kcal, Fat 18.0g, Carbs 85.4g,
Proteins 32.7g



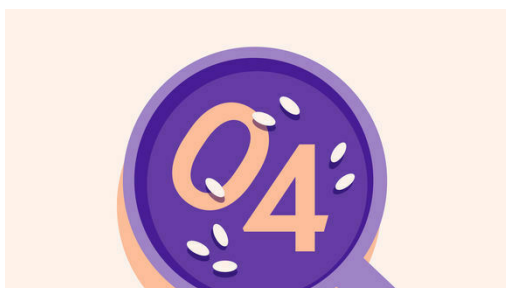
Bring a large saucepan of salted water to the boil for the pasta. Finely chop the **onion**. Peel the **carrots**, then finely chop. Crush or finely chop **2 garlic cloves**.



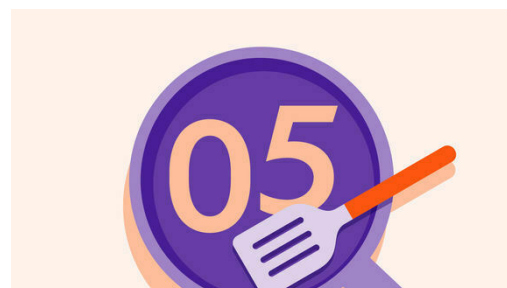
Cook **three-quarters of the spaghetti*** in the pan of boiling water for 8 mins or until al dente. Reserve **375ml (1½ cups) cooking water**, then drain the spaghetti. Return to the pan and cover to keep warm.



Meanwhile, heat **1 tbs olive oil** in a large deep frypan over medium heat. Cook the **onion**, **carrot** and **garlic**, stirring occasionally, for 5 mins or until the carrot is softened. Increase the heat to high, add the **beef mince** and cook, breaking up the lumps with a spoon, for 3-4 mins until browned.



Add the **Italian seasoning** and **2 tbs tomato paste** to the beef mixture and cook, stirring for 1 min or until fragrant. Add the **passata**, **reserved cooking water** and **1 tsp sugar** and bring to the boil. Reduce the heat to medium and cook, stirring occasionally, for 8-10 mins until slightly thickened. Taste, then season with **salt and pepper**. Remove the pan from the heat.



If your pan is big enough, add the **bolognese** to the **spaghetti** and toss to combine. Or, simply divide the spaghetti (see Feed A Crowd) and bolognese among bowls. Enjoy!



Is your spaghetti sticking? Drizzle with a little olive oil and toss to loosen before serving.



**Packed in Australia
from at least 75%
Australian ingredient.**